



*A Few
Cooking
Suggestions
by
Miss Emma Hanko.*

“The things I like about crisco”

I have seen it manufactured in the bright, clean building, devoted exclusively to crisco. I have seen the uniformed, cleanly workers make and pack crisco, and know that no hand touches the crisco itself until the can is opened by myself or you.

I know that crisco is a purely *vegetable* fat. I know that it is the cream of delightful food oils. No animal fat is added.

I know that The Procter & Gamble Company would not manufacture anything *but* a high class product possessing all the merits they claim for it in their advertisements.

I like crisco's non-smoking feature. What woman today wants a smoky kitchen? I further appreciate crisco in frying, in that it is capable of taking such a high temperature without smoking, forming a tasty crust *instantly*, and then *baking* instead of *soaking* the interior of the food.

I am delighted to find a cooking fat which does not absorb food odors or flavors. I have fried fish, then onions, then potatoes in the same crisco, by straining the crisco after each frying.

Crisco has no odor, save that delicate aroma which identifies the genuine crisco and suggests its pleasing purity. I have never before found a cooking fat of this sort.

I am enthusiastic over the fact that I can use crisco in the place of butter, as well as in the place of lard. In cake making, crisco gives butter richness without butter expense. Crisco costs about one-third as much as good butter, and is even more economical than pail lard. I have found that salt should always be added when using crisco in the place of butter.

I confess I never thought that such a product as crisco was possible. Crisco readily digests at the temperature of the body, 98 degrees.

Everyone joins with me in being glad that that objectionable “lardy” taste is a thing of the past.

Emma Hauko

1. Potato Soup

2 tablespoonfuls crisco	Sprinkling paprika
2 tablespoonfuls flour	1 teaspoonful chopped
2 slices onion	parsley
1½ teaspoonfuls salt	3 cupfuls milk
¼ teaspoonful celery salt	3 potatoes rubbed through
⅛ teaspoonful pepper	strainer

Cook first eight ingredients together in double boiler. To these add milk and potato mixed together, and stir until all boils.

2. Foamy Omelet with Cheese

4 eggs	½ teaspoonful salt
4 tablespoonfuls water	Few grains of pepper
1 tablespoonful crisco	

Separate yolks from whites. Beat yolks until heavy. Add water, salt and pepper, and mix well. Beat whites until stiff and dry, and cut and fold into yolks. Put crisco in omelet pan, heat carefully, turn omelet mixture into pan. Apply moderate heat for two minutes. When cooked, place in oven a few minutes to finish cooking the top. Fold, and serve from heated platter. Spread with grated cheese just before folding.

3. Creamed Chicken

Make a sauce using:

3 tablespoonfuls crisco	⅛ teaspoonful pepper
3 tablespoonfuls flour	1 cupful chicken stock
⅜ teaspoonful salt	or milk
¼ teaspoonful paprika	⅜ cupful cream

Put together in order stated. To this sauce, add 1½ cupfuls chicken cut in strips, ½ cupful grated Parmesan cheese, ¼ lb. fresh mushrooms cut in strips, and sauted in crisco. Just before serving, 2 tablespoonfuls sherry wine or Madeira may be added. Canned pimento may be used instead of mushrooms in this recipe. American cheese might make a stringy sauce, therefore use less of it than Parmesan, if the latter is unobtainable.

4.

Fish Balls

1 cupful salted codfish $\frac{1}{4}$ teaspoonful pepper
 2 heaping cupfuls potatoes 1 egg
 1 tablespoonful crisco

Wash fish in cold water, and pick into small pieces. Wash, pare potatoes, cutting into cubes before measuring. Cook fish and potatoes in boiling water until potatoes are tender. Drain through strainer. Return to kettle and dry out thoroughly. Add crisco, egg well beaten, pepper. Beat with a fork until light. Drop by spoonfuls into deep crisco hot enough to brown a cube of bread in 40 seconds, and fry until golden brown. Drain on unglazed paper.

5.

Mock Scallops

Cut scallop shapes out of halibut, dip in egg, roll in crumbs, fry in deep crisco, heated so that a cube of bread will brown in 60 seconds. Serve with hot sauce tartare. This is a good supper dish.

6.

Hot Sauce Tartare

Cook together { 1 tablespoonful crisco
 { 1 tablespoonful flour
 { $\frac{1}{2}$ cupful milk

$\frac{1}{3}$ cupful mayonnaise dressing. (See recipe No. 20)

Mix the mayonnaise dressing with the first three ingredients, after they are cooked. Add 1 tablespoonful each chopped olives, pickle, capers, and 1 teaspoonful chopped shallot or onion, fresh tarragon, and parsley. This makes a very highly seasoned sauce.

7.

Planked Fish

Remove head, tail and bones of fish. Oil the plank with crisco. Fasten the fish upon it, skin side down. Let it cook about 15 minutes, basting with melted crisco. Then pipe mashed potatoes around fish, outlining it. Place four or five small cooked onions at

intervals on the plank. Brush edge of potatoes and onions with yolk of egg, beaten with 1 tablespoonful milk, and set plank in hot oven to brown potatoes. Pimientos may be disposed down the center of fish, and lemon baskets used to hold the garnish. Garnish with parsley.

8. **Macaroni American**

Boil macaroni. Arrange layer in baking dish greased with crisco. Sprinkle with grated cheese. Repeat layers until dish is filled. Then pour over white sauce generously, cover with prepared crumbs, and bake until crumbs are delicately browned. To prepare crumbs: Mix dried crumbs with melted crisco, using 3 tablespoonfuls crisco to each cupful of crumbs.

9. **French Fried Potatoes**

Wash and pare small potatoes. Cut lengthwise into eighths and soak in cold water. Remove from water, dry thoroughly and fry in crisco hot enough to turn a cube of bread a golden brown in 20 seconds. Drain on paper and sprinkle with salt. Serve hot.

10. **Dauphine Potatoes**

To $\frac{1}{2}$ recipe for chou paste, add 3 boiled and riced or mashed potatoes. Season with salt, pepper and grating of nutmeg, and fry slowly in deep crisco hot enough to brown a cube of bread in 40 seconds.

Chou Paste

7 tablespoonfuls crisco	1 cupful flour
1 cupful milk	4 eggs

Melt crisco in boiling milk, stir in flour all at once when it boils after crisco is melted. Stir over fire until mixture leaves side of pan. Remove from fire, add eggs unbeaten, one at a time, beating vigorously. This mixture may be used for French fritters, or cream puffs.

*Use level measurements
for all ingredients*

11. Corn Oysters

$\frac{1}{2}$ cupful flour	2 tablespoonfuls milk
1 teaspoonful baking powder	1 cupful corn
1 teaspoonful salt	1 egg

Sift together dry ingredients. Mix with milk, corn, and well beaten egg. Fry in deep crisco hot enough to turn a cube of bread a golden brown in 40 seconds.

12. Timbale Molds

$\frac{3}{4}$ cupful flour	$\frac{1}{2}$ cupful milk
$\frac{1}{2}$ teaspoonful salt	1 egg
1 teaspoonful sugar	1 tablespoonful crisco

Mix dry ingredients, add to milk and well beaten egg. Add crisco last. Shape the mixture, using a hot timbale iron. Fry in crisco which is hot enough to brown a cube of bread in 60 seconds. When crisp and brown, remove from iron.

13. Banana Fritters

1 cupful flour	$\frac{1}{4}$ cupful milk
2 teaspoonfuls baking powder	1 egg
1 tablespoonful powdered sugar	1 tablespoonful lemon juice
$\frac{1}{4}$ teaspoonful salt	3 bananas

Mix and sift dry ingredients. Beat egg until light, add milk and combine mixtures. Add flavoring. Slice fruit into batter. Drop mixture by spoonfuls into crisco hot enough to brown a crumb of bread in 60 seconds. Any fruit may be used instead of bananas.

14. Gingerbread

$\frac{1}{2}$ cupful sugar	2 teaspoonfuls powdered ginger
1 egg	1 teaspoonful powdered cinnamon
$\frac{1}{2}$ cupful molasses	$\frac{1}{2}$ teaspoonful powdered cloves
$\frac{1}{2}$ cupful milk	2 teaspoonfuls baking powder
$1\frac{1}{3}$ cupfuls flour	
$\frac{1}{4}$ cupful crisco	
1 teaspoonful salt	

Cream crisco and sugar together, add egg well beaten, molasses, milk, baking powder, flour, salt and spices. Mix and turn into criscoed tin, and bake in a moderate oven 40 minutes.

*Use level measurements
for all ingredients*

15. Baking Powder Biscuit

1 cupful flour	$\frac{1}{2}$ teaspoonful salt
2 teaspoonfuls baking powder	1 to 2 tablespoonfuls crisco
$\frac{3}{4}$ cupful water or milk	

Mix and sift the dry ingredients. Cut in the shortening. Add liquid slowly. Have thoroughly mixed, but stir as little as possible. Toss on a floured board, pat and roll to $\frac{1}{2}$ inch (or less) in thickness. Shape with a biscuit cutter. Place on a tin greased with crisco, and bake in a hot oven 12 or 15 minutes.

16. Golden Corn Muffins

1 cupful flour	2 eggs
2 tablespoonfuls crisco	1 teaspoonful salt
1 cupful yellow cornmeal	3 teaspoonfuls baking powder
3 tablespoonfuls sugar	
1 cupful milk	

Cream crisco and sugar thoroughly together, add eggs well beaten and milk. Then stir in slowly dry ingredients which have been sifted together three times. Divide into greased gem pans and bake in moderately hot oven 25 minutes. Sufficient for 12 muffins.

17. Swedish Bread

3 $\frac{1}{2}$ cupfuls scalded milk	$\frac{2}{3}$ cupful sugar
1 yeast cake	1 egg well beaten
$\frac{1}{2}$ cupful melted crisco	1 teaspoonful salt
1 teaspoonful almond extract	Flour

Add yeast cake to $\frac{1}{2}$ cupful milk, which has been allowed to cool until luke-warm; as soon as dissolved, add $\frac{1}{2}$ cupful flour, beat thoroughly; cover, and let rise. When light, add remaining milk and 4 $\frac{1}{2}$ cupfuls flour. Stir until thoroughly mixed, cover, and again let rise; then add remaining ingredients and 1 $\frac{1}{2}$ cupfuls flour. Toss on a floured board, knead, using $\frac{1}{2}$ cupful flour, cover, and again let rise. Shape as Swedish tea ring, and bake.

18. Fruit Salad Supreme

Place slice of pineapple on bed of lettuce. On pineapple, arrange sections of orange and grapefruit. Between these sections, place small round of truffle. In center of the pineapple place small round cheese ball sprinkled generously with paprika. A stuffed olive cut in two could be substituted for the truffle. For the cheese, use cream cheese moistened with a little milk, and seasoned with salt. Serve with either a boiled cream or mayonnaise dressing.

19. Waldorf Salad

Wash apple, remove slice from top, remove center, leaving the shell intact. Cut center into dice, mixed with $\frac{1}{3}$ as much celery, diced. Blend with cream salad dressing and refill the shell. Garnish with lettuce leaves and whole walnut meats.

20. Mayonnaise Dressing

1 teaspoonful mustard	2 egg yolks
1 tablespoonful salt	1 cupful crisco unmelted
$\frac{1}{4}$ teaspoonful pepper	6 tablespoonfuls vinegar
$\frac{1}{2}$ teaspoonful paprika	

Combine seasonings with vinegar. Beat egg yolks vigorously. Add crisco unmelted and continue to beat, using Dover beater. Add vinegar at the last when all crisco has been added.

21. Boiled Cream Salad Dressing

$\frac{1}{2}$ tablespoonful salt	2 egg yolks
$\frac{1}{2}$ tablespoonful flour	2 tablespoonfuls melted crisco
1 teaspoonful mustard	$\frac{3}{4}$ cupful milk
$1\frac{1}{2}$ tablespoonfuls sugar	$\frac{1}{4}$ cupful vinegar
Few grains cayenne	

Mix dry ingredients, add beaten egg yolks, add crisco, then milk. Put in double boiler, apply heat, add vinegar slowly. If curdling threatens, do not add all of the vinegar, but let dressing thicken, cool it, and then add remainder of vinegar.

22.

Plain Pastry

1 $\frac{1}{2}$ cupfuls flour
 $\frac{1}{2}$ cupful crisco
 1 teaspoonful salt

4 to 6 tablespoonfuls
 water.

Sift the flour and salt. Cut in the crisco. Add water very slowly, mixing with a knife. When stiff, turn onto a floured board. Form into a dough, handling lightly, and roll from $\frac{1}{4}$ to $\frac{1}{8}$ inch thick.

23.

Flake Pastry

1 cupful flour
 4 level tablespoonfuls
 crisco
 $\frac{1}{2}$ teaspoonful salt

Just enough cold water
 to hold dough to-
 gether (4 tablespoon-
 fuls should be sufficient)

Sift the flour and salt and cut $\frac{1}{2}$ the crisco into the flour with a knife until it is finely divided. Then add the water sparingly, mixing it with a knife through the dry materials. Form with the hand into a dough and roll out on a floured board to $\frac{1}{4}$ inch in thickness. Spread $\frac{1}{3}$ of the remaining crisco on the $\frac{2}{3}$ of the dough nearest you; fold twice, so as to make three layers, folding in first that part on which the crisco has not been spread. Turn dough, putting folded edges to the sides; roll out, spread and fold as before. Repeat once more. Use a light motion in handling the rolling pin, and roll from the center outward. Should the crisco be too hard, it will not mix readily with the flour, in which case the result will be a tough crust.

24.

Banbury Tarts**Plain Pastry****Filling for Banbury Tarts**

1 cupful sugar
 1 cupful raisins, run
 through chopper
 1 egg beaten

Juice and rind 1 lemon
 Crumbs of one Uneeda
 cracker

Mix ingredients together. Roll plain pastry very thin. Cut in rounds and place 2 teaspoonfuls of the

filling in center, fold, press edges together with fork dipped in flour. Bake until brown in hot oven.

25. Favorite Tea Tartlets

Roll plain or flaked pastry to $\frac{1}{4}$ inch thickness. Cut out circles 3 inches in diameter. With small cutter, remove several small rounds from one-half of the number of the 3-inch circles. Bake separately both the perforated and the solid circles, and then fit a perforated circle on top of each solid circle. Fill the recesses with gooseberry jam, with jelly or other preserves.

26. Crullers

3 teaspoonfuls crisco	6 tablespoonfuls milk
3 eggs	3 teaspoonfuls baking powder
3 cupfuls flour	
$\frac{3}{4}$ teaspoonful salt	1 to 2 teaspoonfuls spices,
$\frac{3}{4}$ cupful sugar	cinnamon or nutmeg

Cream crisco, add sugar gradually, creaming. Then add the beaten egg. Mix and sift the flour, baking powder, spices and salt. Add alternately with milk to the first mixture. Form mixture into a smooth ball. Place on floured board, and roll out $\frac{1}{2}$ -inch thick. Cut and fry in crisco hot enough to turn a cube of bread a golden brown in 60 seconds. Drain on soft paper, and sprinkle with sugar, if desired.

27. Oatmeal Cookies

$1\frac{1}{4}$ cupful sugar	1 teaspoonful powdered ginger
1 cupful crisco	
3 cupfuls rolled oats	3 teaspoonfuls baking powder
2 eggs	
$\frac{1}{2}$ cupful sweet milk	2 cupfuls flour
1 teaspoonful powdered cinnamon	1 teaspoonful salt

Cream crisco and sugar thoroughly together, add eggs well beaten, rolled oats, salt, spices, baking powder, flour and milk. Mix and drop from spoon on criscoed baking tins. Bake in moderate oven from 10 to 12 minutes. Sufficient for 45 cookies.

28. Betty Lane Cake

6 tablespoonfuls crisco	2 teaspoonfuls baking powder
1 cupful sugar	Season with almond extract
$\frac{1}{2}$ cupful milk	
2 cupfuls flour	
1 teaspoonful salt	5 egg whites

Thoroughly cream crisco and sugar. Add dry ingredients alternately with liquid ingredients, beginning with the dry ingredients. Put in extract. Cut and fold in the very stiffly beaten whites at the last. Bake in moderate oven. The oven may be hot after the first half of the baking.

29. Gold Cake

4 tablespoonfuls crisco	1 teaspoonful baking powder
4 egg yolks	$\frac{1}{2}$ teaspoonful salt
$\frac{7}{8}$ cupful flour	1 teaspoonful orange or lemon juice
$\frac{1}{2}$ cupful sugar	
$\frac{1}{4}$ cupful milk	
$\frac{1}{4}$ cupful orange juice may be substituted for the milk	

Cream the crisco, add sugar, creaming well. Then add yolks beaten until thick. Sift the dry ingredients, and add alternately with milk to the first mixture, add the flavoring, and bake from 15 to 20 minutes.

30. Marion's New England Sour Milk Cake

4 tablespoonfuls crisco	1 cupful raisins, (cut and stoned)
$1\frac{1}{4}$ cupfuls sugar	1 teaspoonful cinnamon
2 eggs	$\frac{1}{2}$ teaspoonful nutmeg
$\frac{1}{4}$ cupful molasses	$\frac{1}{8}$ teaspoonful ground cloves
1 cupful sour milk	1 teaspoonful salt
1 teaspoonful soda	
2 cupfuls flour	

Cream crisco and sugar. Add eggs unbeaten and beat vigorously. Add molasses and then add dry and liquid ingredients alternately. The dry ingredients include salt, seasonings and flour. The soda is put with the milk. Put raisins in last. One-half cupful

of ground nut meats may be added. Bake in loaf in moderate oven 40 minutes. If sweet milk is used, substitute 3 teaspoonfuls of baking powder for soda.

31. Devil's Food Cake

1½ cupfuls sugar	2 cupfuls flour
1½ cupfuls milk	1 cupful crisco
½ cake chocolate	1 teaspoonful baking soda
2 teaspoonfuls vanilla extract	3 tablespoonfuls boiling water
2 eggs	¼ teaspoonful salt

Boiled frosting

Put ½ cupful of sugar into small saucepan, add chocolate and 1 cupful milk. Put on stove and stir until it boils 5 minutes, stirring now and then. Remove from fire, add vanilla and set aside to cool. Beat crisco and remainder of sugar to light cream, then add eggs well beaten and beat two minutes. Now add remainder of milk, soda dissolved in boiling water, flour, salt and chocolate mixture. Mix carefully and divide into two large greased and floured layer tins and bake in moderate oven 25 minutes. Turn to cool and put together with boiled frosting. Sufficient for two large layers.

32. Butterless Milkless Eggless Cake

¾ cupful crisco	½ teaspoonful powdered mace
2 cupfuls brown sugar	2 teaspoonfuls baking soda
2 cupfuls water	4 cupfuls flour
1 cupful seeded raisins	1 teaspoonful baking powder
1 teaspoonful salt	¾ cupful chopped nut meats
2 teaspoonfuls powdered cinnamon	3 tablespoonfuls warm water
1 teaspoonful powdered cloves	
½ teaspoonful nutmeg	

Put the crisco into a saucepan, add sugar, water, raisins, salt and spices, and boil for three minutes. Cool and when cold add the flour, baking powder, soda dissolved in the warm water and the nut meats. Mix and turn into a criscoed and floured cake tin and bake in a slow oven for one and a half hours.

Boiled Icing

2 egg whites
2 cupfuls sugar

1 teaspoonful vanilla or
 $\frac{1}{2}$ tablespoonful lemon juice
 $\frac{3}{4}$ cupful water

Beat egg whites until stiff and dry. Boil sugar and water together until syrup gives a thread from the spoon. If a thermometer were used the syrup should be removed when the thermometer reads 242° . One-eighth teaspoonful cream of tartar may be added when sugar and water first begin to boil, but this is not essential. Do not stir after boiling begins. Pour syrup into egg whites and beat until it is ready to spread. The seasoning should be added after the icing has cooled, but before it has hardened.

Note—It is an economy to use the boiled icing with yellow cakes where the yolks only are used, as it is to use the yolks when white cakes are baked, for boiled or mayonnaise dressing, thus obtaining a double use of the egg.

Book of 250 Recipes Free

This leaflet is intended only to give you a few suggestions and to assist you in following me as I prepare the various dishes.

The manufacturers of crisco publish a book containing 250 recipes especially prepared and tested by Miss Marion Harris Neil. In addition to the recipes, it contains much valuable information and is in great demand by housewives as well as students of Domestic Science all over the country.

They will gladly send you a copy, free of charge, upon receipt of the following coupon:

IMPORTANT POINTS

Crisco does not require refrigeration. It will always be in excellent condition for use if kept at a moderate temperature.

If crisco has become chilled, use the same method in creaming you would use in creaming butter, viz: warm the bowl with hot water or by placing on the stove for a moment, but never melt the crisco for cake or pastry.

In using crisco instead of butter, add salt in the proportion of one level teaspoonful to each cupful of crisco, to compensate for the salt used in butter to preserve it.

In making sauces, thoroughly blend the flour and crisco before adding the milk.

In using melted crisco in boiled dressing, croquettes, rolls, fritters, etc., be sure that the melted crisco is cooled sufficiently so that the hot fat will not injure the texture of the foods.

Deep fat frying, which means submerging the food in the fat, is far superior to shallow or saute frying and can be done most economically with crisco, because so little is absorbed by the food, and the crisco does not take up the odor or flavor of the food which is fried in it. This characteristic makes it possible to use crisco for frying one article of food after another.

In frying with crisco, it is economy to use three pounds in the kettle, clarifying the fat when it is put away. To clarify crisco, take that which has been used for deep frying and when it has cooled, but not solidified, strain through a double thickness of cheese cloth, replace kettle on stove, drop several slices of Irish potato into the crisco and reheat. When the potatoes are golden brown, take out and pour the crisco back into the tin. With this little care, fish, oysters, onions, chops, fritters, doughnuts, etc., may be fried over and over again in the same crisco, and this feature means a big saving.

For deep frying, heat crisco until a crumb of bread becomes a golden brown in

60 seconds for raw dough mixtures, as crullers, fritters, etc.

40 seconds for cooked mixtures, as croquettes, codfish balls, etc.

20 seconds for French fried potatoes.

Seconds may be counted thus: one hundred and one, one hundred and two, etc.

The fat may also be tested by dropping into it a little piece of the article to be cooked. When it rises to the top, bubbles vigorously and browns quickly, the fat is hot enough.

Never have crisco smoking hot, for it is then too hot.

Do not put cold fat into a hot vessel.

NOTES